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Overview of Olympic Wushu Curriculum

Wushu at the Olympics

- Wushu will make its Olympic debut at the 2026 Youth Olympic Games in Dakar, marking a significant milestone for the sport[1].
- The International Wushu Federation (IWUF) has worked extensively to standardize and promote wushu globally, leading to its inclusion in the Youth Olympic Games[1] [2].

Main Disciplines

Wushu as a competitive sport is divided into two primary disciplines:

- **Taolu (Forms):** Choreographed routines judged on technique, difficulty, and overall performance.
- **Sanda (Sparring):** Full-contact combat sport combining striking and grappling techniques[3] [2].

Taolu (Forms)

Taolu routines are composed of martial art patterns and maneuvers, judged according to specific rules:

- **Routine Types:**
  - Barehanded (e.g., Changquan/Long Fist)
  - Weapons (e.g., sword, staff)
  - Partner Forms (Duilian): Choreographed sparring with or without weapons
  - Group Forms (Jiti): Synchronized group performances, sometimes with music[3] [4]
- **Judging Criteria:**
  - Quality of Movements (5 points)
  - Degree of Difficulty/Nandu (2 points)
  - Overall Performance (3 points)[3] [2]
- **Time Limits:**
  - External styles: Minimum 1 minute 20 seconds
  - Internal styles: Over 5 minutes[2] [4]
- **Difficulty Movements:** Increasing focus on aerial techniques (e.g., 540°, 720°, 900° jumps and kicks) to enhance performance and scoring[2] [4].

Sanda (Sparring)

- **Description:** Modern fighting sport influenced by traditional Chinese boxing, wrestling (Shuai jiao), and grappling (Chin Na).
- **Techniques:** Includes punching, kicking, throws, and takedowns—similar to kickboxing but with more grappling[2].

Athlete Development and Curriculum

- **Physical Requirements:** Successful wushu athletes typically exhibit low body fat, high flexibility, strong leg power, isometric strength, and anaerobic power[5].
- **Training:** Emphasizes both technical skill (forms and combat) and physical conditioning (strength, flexibility, power)[5].
- **Standardization:** The curriculum integrates elements from various traditional Chinese martial arts, emphasizing both hard/external and soft/internal styles[2].

Summary Table: Olympic Wushu Curriculum Components

Discipline	Events/Forms	Key Features	Judging Focus
Taolu	Changquan, Weapons, Duilian, Jiti	Choreographed routines; solo, partner, group; time limits; difficulty elements	Technique, Difficulty, Performance
Sanda	Full-contact sparring	Striking, Grappling, Throws	Effectiveness, Skill

Additional Notes

- The IWUF has developed educational resources, such as video courses, to support athlete and judge training for Olympic wushu[6].
- The curriculum is designed to be accessible, sustainable, and promote gender equality, aligning with Olympic values[1].

Wushu's Olympic curriculum emphasizes both athleticism and artistry, blending tradition with modern sport standards to create a dynamic and inclusive martial arts competition[1] [3] [2].

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1. https://www.iwuf.org/en/competitions/other-iwuf-events/index.html
2. http://www.wushu-olympics.com/wushu.html
3. https://en.wikipedia.org/wiki/Wushu_(sport)
4. https://shaolin-yuntai.com/training/wushu/
5. https://pubmed.ncbi.nlm.nih.gov/19077742/
6. https://www.iwuf.org/en/competitions/2026wtvc/index.html